

FREE FITNESS MOTs EVENTS FOR THE OVER 60s 2019

Anyone aged sixty or over welcome to come and experience the tests. Please encourage your friends and family to come along for this fun and informative experience.

Plymouth University Physiotherapy students will be available to test your strength, flexibility, balance, aerobic endurance and activity levels.

You will receive a free personalised results booklet and an activity plan to take home with you.



The Free Fitness MOTs will be from 2pm - 4.30pm on

- 13th May** Plymouth University PL4 8AA Roland Lewinsky Building (ground floor)
- 20th May** Plymouth University PL4 8AA Roland Lewinsky Building, (ground floor)
- 21st May** Age UK, William Venton Centre, 8, Memory Lane, Plymouth, PL9 9GH
- 28th May** Age UK, William Venton Centre, 8, Memory Lane, Plymouth, PL9 9GH
- 7th June** (To be confirmed)

TIME: 2pm to 4.30pm

Just walk in on the day or

For Plymouth University email elizabeth.candy@plymouth.ac.uk

For Age UK Plymouth you can book at their reception desk or Tel 01752 405632

Contact Dr Liz Candy for further information via email using elizabeth.candy@plymouth.ac.uk